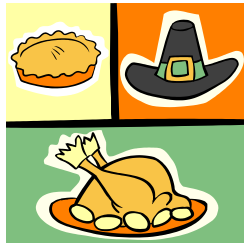


A Newsletter for Juneau County Seniors & Adults with Disabilities



AGELESS



HEIDI RANDALL, DIRECTOR

Aging & Disability Resource Center of Southwest WI--Mauston

608-847-9371 or toll free 877-794-2372

Website: www.adrcswwi.org

November , 2011

NOTES FROM HEIDI NO. 354

Hello Everyone—

OOPS—Did you notice my mistake last month? I had the wrong day of the week listed for our AARP Driver Safety Program. It is **Wednesday**, Nov. 9 at the Hatch Public Library in Mauston from 1-5 p.m. I corrected the notice so we have it right now. It never fails, the minute we go to press and have 900 copies printed we see an error. Guess that shows you just how human we are. Sorry for any inconvenience. You can still register for the class, and if you are a veteran you get in free! It's a special deal that AARP has set aside for our wonderful veterans in November.

This is National Caregiver Month and we have a program planned by the Dementia Network for Nov. 3 which will cover many topics of interest. It is free of charge. Look for the advertisement later in this issue. We have a great caregiver library at the ADRC with many books and pamphlets available to take. A monthly support group for families affected by Alzheimer's Disease and other dementias is held on the second Monday of the month at 1:30 p.m. here at the ADRC.

We salute our veterans this month and thank them for their acts of courage and valiant service to our country! Thanks for protecting us here at home and on foreign soil.

I'd like to take this opportunity to thank everyone at this season of Thanksgiving for the many wonderful donations of time, talent, and funds to our programs, to our governing board members for their support, and the great people working for me here at the ADRC and in the mealsites. I am truly blessed! Have a wonderful Thanksgiving!

Heidi

WONEWOC MENU
Bernie's Wagon Wheel II
229 Center Street, Wonewoc
464-7217

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 1	November 2	November 3	November 4
Baked Ham Augratin Potatoes Seasoned Cabbage Wheat Roll/Butter Strawberry Shortcake	Chicken Broccoli Rice Casserole California Blend Veg. 12 Grain Bread/Butter Chilled Pineapple	Rotini/Meatsauce Mixed Green Salad with Dressing Green Beans Gelatin Jewels	Budget Cut Day Site Closed
November 8	November 9	November 10	November 11
Turkey Ala King White Rice Stewed Tomatoes Banana Brownie	Beef Stew/Carrots Potatoes & Onion Biscuit/Butter Orange Frosted Cake	Roasted Pork Loin Whipped potatoes/Gravy California Blend Veg. 12-Grain Bread/Butter Fruit Pie	Happy Veteran's Day ADRC Office & All Sites Closed
November 15	November 16	November 17	November 18
Sloppy Joe/Bun 3-Bean Salad Creamy Coleslaw Fruit Pie	<u>Thanksgiving Meal</u> Roast Turkey Mashed Potatoes/Gravy Savory Dressing Cranberry Sauce Green Bean Casserole Dinner Roll/Butter Pumpkin Pie	Porcupine Meatballs Cabbage & Carrots Wheat Bread/Butter Baked Apples	Fish/Tartar Sauce Potatoes Carrot Coins Wheat Roll/Butter Pineapple Tidbits Fortune Cookie
November 22	November 23	November 24	November 25
Baked Chicken Whpped Potatoes/Gravy Sweet Potato Casserole Wheat Roll/Butter Chilled Peaches	Scalloped Potatoes/Ham California Blend Veg. Wheat Bread/Butter Spiced Apple	ADRC Office & All Sites Closed for Thanksgiving	Happy Thanksgiving ADRC Office & All Sites Closed
November 29	November 30	December 1	December 2
Baked Fish Potato Wedges Carrot Coins Multi-Grain Bread/Butter Chilled Pineapple	Quiche Lorraine Cheesy Hashbrowns Winter Mix Raisin Bran Muffin/butter Banana	Meat Loaf Roasted Red Potatoes Spinach Wheat Bread/Butter Peach Cobbler	Budget Cut Day Site Closed

Suggested Donation

Congregate Meals (In Center) & Meals on Wheels (homebound)- \$3.75
MENU SUBJECT TO CHANGE WITHOUT NOTICE

MENU FOR

MAUSTON, NECEDAH, CAMP DOUGLAS, NEW LISBON, LYNDON STATION

847-9371
547-3125
427-3287
562-6592
666-2423

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
October 31	November 1	November 2	November 3
Baked Ham Augratin Potatoes Seasonal Cabbage Wheat Roll/Butter Strawberry Shortcake	Budget Cut Day Sites Closed ADRC Office open	Chicken Broccoli Rice Casserole California Blend Veg. 12-Grain Bread/Butter Chilled Pineapple	Rotini/Meatsauce Mixed Green Salad with Dressing Green Beans Garlic Toast Gelatin Jewels
November 7	November 8	November 9	November 10
Salisbury Steak Seasoned Noodles Creamed Corn Wheat Bread/Butter Mandarin Oranges	Turkey Ala King White Rice Stewed Tomatoes Banana Brownie	Beef Stew/Carrots Potatoes & Onion Biscuit/Butter Orange Frosted Cake	Roasted Pork Loin Whipped Potatoes/Gravy California Blend Veg. 12-Grain Bread/Butter Fruit Pie
November 14	November 15	November 16	November 17
Chicken Chow Mein White Rice Chow Mein Noodles Carrot Coins Wheat Roll/Butter Pineapple Tidbits Fortune Cookie	Sloppy Joe/Bun 3-Bean Salad Creamy Coleslaw Fruit Pie	<u>Thanksgiving Meal</u> Roast Turkey Mashed Potatoes/Gravy Savory Dressing Cranberry Sauce Green Bean Casserole Dinner Roll/Butter Pumpkin Pie	Porcupine Meatballs Cabbage & Carrots Wheat Bread/Butter Baked Apple
November 21	November 22	November 23	November 24
Beef Tips/Gravy Egg Noodles Carrot Coins 12-Grain Bread/Butter Orange	Baked Chicken Whipped Potatoes/Gravy Sweet Potato Casserole Wheat Roll/Butter Chilled Peaches	Scalloped Potatoes/Ham California Blend Veg. Wheat Bread/Butter Spiced Apple	ADRC Office & All Meal sites Closed for Thanksgiving Day
November 28	November 29	November 30	December 1
Hot Roast Beef Mashed Potatoes/Gravy Green Bean Almondine Wheat Bread/Butter Orange	Baked Fish Potato Wedges Carrot Coins Multi-Grain Bread/Butter Chilled Pineapple	Quiche Lorraine Cheesy Hashbrowns Winter Mix Raisin Bran Muffin with Butter Banana	Meat Loaf Roasted Red Potatoes Spinach Wheat Bread/Butter Peach Cobbler

Suggested Donations

Congregate Meals (In Center) & Meals on Wheels (homebound)-\$3.75

Meals Subject to Change with out notice

Mauston Mealsite- Adult Center, Courthouse Annex, 220 E. La Crosse Str.

Necedah Mealsite- Necedah Village Hall, 100 Center Street

Camp Douglas Mealsite- Camp Douglas Village Hall, 304 Center Street

New Lisbon Mealsite- New Lisbon Fire dept. 234 Pleasant Street

Lyndon Station Mealsite- Beagles Bar & Grill, 107 W. Flint Street

ELROY MENU
 Grace Lutheran Church
 206 Erickson Street, Elroy WI
462-5175

Monday	Tuesday	Thursday	Friday
October 31	November 1	November 3	November 4
BBQ Ribs Potatoes/Gravy Squash Mandarin Orange Jello Dinner Roll/Butter Cookie	Baked Chicken Potatoes/Gravy Broccoli Cranberries Dinner Roll/Butter Mixed Fruit	Baked Ham Scalloped Potatoes Glazed Carrots Dinner Roll/Butter Fruit Pie	BUDGET CUT DAY NO MEALS SERVED
November 7	November 8	November 10	November 11
Lasagna 3 Bean Salad Baked Apple Garlic Bread Cake	Pork Roast Potatoes/Gravy Sauerkraut Dinner Roll/Butter Fruit Crisp/Topping	Ham Boiled Dinner With Vegetables Cottage Cheese Peaches Frosted Cinnamon Roll	Veteran's Day (Holiday) ADRC Office & All Mealsites Closed
November 14	November 15	November 17	November 18
Chili Soup/Beans Crackers Cheese Slices Fruit Salad Dinner Roll/Butter Brownie	Baked Chicken Mashed Potato/Gravy Baked Squash Apple Rings Dinner Roll/Butter Fruit	Sirloin Tips/Mushrooms Rice Green Beans Pickled Sliced Beets Dinner Roll/Butter Cake	Fish/Tartar Sauce Macaroni & Cheese Baked Beans Dinner Roll/Butter Jello/Fruit
November 21	November 22	November 24	November 25
BBQ/Bun Au gratin Potatoes Baby Carrots Tropical Fruit Salad Cookie	Roasted Turkey Potatoes/Gravy/stuffing Green Beans Cranberries Dinner Roll/Butter Pumpkin Pie/Topping	Happy Thanksgiving ADRC Office & All Mealsites Closed	ADRC Office & All Mealsites closed Because of Thanksgiving
November 28	November 29	December 1	December 2
Meatballs/Gravy Potatoes Broccoli-Cauliflower Mix Dinner Roll/Butter Mixed Fruit	Liver & Onions Scalloped Potatoes Peas & Carrots Dinner Roll/Butter Pudding Dessert		

Suggested Donations
Congregate Meals (In Center) & Meals on Wheels (homebound)-\$3.75
MENU SUBJECT TO CHANGE

November 2011 Schedule

National Caregiver Month

Alzheimer Awareness Month

Monday, Nov. 2- April Martell, U.W.-Extension Coordinator will give a program on Healthy Eating in Adult Center at 11:30 a.m.

Thursday, Nov. 3- Dementia Network Community Education Program from 9-11 a.m.

At Hatch Public Library, 111 West State Street, Mauston, Wisconsin

April Martell will give programs on Healthy Eating in Camp Douglas Village Hall at 11:05 a.m. and then at New Lisbon Mealsite at noon.

Sunday, Nov. 6- Daylight Savings Time ends.

Tuesday, Nov. 8- April Martell will give program on Healthy Eating at Necedah Village Hall at 11:30 a.m.

Wednesday, Nov. 9- AARP Driver Safety Class, from 1-5 p.m. in Hatch Public Library, 111 West State Street, Mauston.

April Martell will give a program on Healthy Eating in Beagles Bar & Grill, Lyndon Station at 11 a.m.

Thursday, Nov. 10- Morning Training Seminar for Service Providers & Evening Panel, Open to Public from 9-11 a.m. and 2-4 p.m. "Safety At Any Age" presented by Juneau County Coalition Against Domestic Violence and Sexual Assault. The morning seminar is intended for service providers that come in contact with seniors, such as human services, aging services, network professionals and volunteers, law enforcement, prosecution, health care providers, clergy, etc. The afternoon panel is open to the public. It will be held at New Lisbon City Hall, 232 Pleasant Street, New Lisbon. For more information, contact: Kathy Metzenbauer, Juneau County UW-Extension Family Living Agent at 847-9329 or Jess Kaehny, Hope House Community Education Coordinator at 608-356-9123.

Friday, Nov. 11- Veteran's Day, Holiday, ADRC Office and All Mealsites closed.

Monday, Nov. 14- Committee On Aging and Disability Meeting, 9:30 a.m. in Room 1, Juneau County Courthouse basement.

Alzheimer Support Group Meeting 1:30 p.m. in ADRC

Wednesday, Nov. 16- Nutritional Project Council Meeting 9:30 a.m. in Room 1, Juneau County Courthouse basement.

Friday, Nov. 18- April Martell will give program at Bernie's Wagon Wheel II, Wonewoc at 11:30 a.m.

Monday, Nov. 21- April Martell will give program at Grace Lutheran Church, Elroy at 11:30 a.m.

Thursday, Nov. 25- Happy Thanksgiving!!

Thursday, Nov. 25 & Friday, Nov. 26- Thanksgiving Day Holidays. ADRC Office & All Mealsites closed.

MILE BLUFF MEDICAL CENTER DATES

Grief Support Group- *For more information, call Jeff Fairchild at 608-847-1285.* Thursdays, Nov. 3 & 17, 7 p.m. at Mile Bluff Medical Center.

Family & Friends Connection- *For more information, call 608-847-1838.* A support network for family and friends of nursing home residents. It will meet on Tuesday, Nov. 8 from 2-3 p.m. at Fair View Nursing Home, Mauston. The topic of the meeting will be "Preparing for the Holidays; Safety Awareness."

Autism Support Group- *For more information, call Jeff Fairchild at 608-847-1285.* A group for friends and families of anyone who has autism. The meeting will be Tuesday, Nov. 15 at 7 p.m. in Mile Bluff Medical Center.

AA Group- *For more information, Call 847-6878 or call the AA Hotline at 608-222-8989.* Meetings take place at Mile Bluff Medical Center, Mauston and are closed with no smoking. Sundays at 6 p.m. and Mondays at 7:30 p.m.

AL-ANON Group- *For more information call 608-562-5611.* Meetings take place on Mondays 7 p.m. at Mile Bluff Medical Center, Mauston.

Gambling Anonymous Group- *If you are interested in group meetings or GA resources, call Arlene at 847-6893.*

Narcotics Anonymous Group- *If you are interested in group meetings or NA resources call Dennis at 608-562-6223 or 547-2533.*

Parkinson's Support Group- *If you are interested in group meetings, call Arlene at 847-6893.*

Outpatient Counseling- *For more information, call 847-1838.* Group and individual counseling services are available in Mauston, Elroy, Necedah and Lake Delton..

Health Fair- *Appointments are required for all tests.* FREE heart disease and diabetes risk assessments. FREE blood sugar and blood pressure screenings. FREE hearing tests (8-11 only) Total cholesterol tests (no fasting) for \$10 or lipid profile tests (12 hour fasting) for \$20. Refreshments and door prizes. On Thursday, Nov 17 from 7-11 a.m. at Necedah Family Medical Center, call 608-565-2000.

Look good, Feel Better- *For information and to register, call 847-9877.* Ladies currently receiving cancer treatments are invited to attend this free session to learn beauty techniques from cosmetologists who are trained to help combat the appearance-related side effects of cancer treatments. This will be held on Monday, Nov.7, 1-3 p.m. at Mile Bluff Medical Center, Mauston.

Shari Sharizan Concert- *For more information and to reserve a seat call 847-2377.* Shari Sharizan will entertain those in attendance with her beautiful voice and music on her Celtic harp. The community is invited to attend this event on Tuesday, Nov. 15 at 2 p.m. in Terrace Heights Retirement Community, Mauston.

Community Blood Drive- *For more information and to reserve a spot call the Blood Center at 888-310-7555.* On Monday, Nov. 21 from 9 a.m.-2 p.m. at Mile Bluff Medical Center, Mauston.

Free Varicose Vein Screening- *For information and to register 847-9750.* An estimated 25 million Americans live with varicose veins. To educate the community about venous disease risk factors, prevention and treatment options the healthcare professionals at Mile Bluff Medical Center will be holding a free varicose vein screening event. Registration is required. On Wednesday, Nov 23 from 3-7 p.m. at Mile Bluff Medical Center, Mauston.

Love Light Tree Ceremony- *For more information call 800-390-1845.* Honor the memory of your loved one this holiday season with a Love Light. The event includes inspirational recitations, comforting songs and reading of names of those who have passed and are being honored with a light. This will be held on Sunday, Nov. 27, at 6:30 p.m. at Mile Bluff Medical Center, Mauston.

Diabetes Days Event-*For more information and to reserve your spot, call 847-1845.* Attend the free Diabetes Month Presentations. Mile Bluff's healthcare professionals will discuss "Diabetes: Helping it all 'Fall' into place." The event will include door prizes and refreshments, information on nutrition, insulin, exercise glucose monitoring and diabetes complications will also be available. Registration is required. This will be held on Tuesday, Nov. 29, for 2 – 4:15 p.m. at Mile Bluff Medical Center, Mauston. Diet – 2-3 p.m. presented by dietitian Shannon Moore, Exercise – 3:15-3:45 p.m. – presented by nurse Sue Fabian, Medications- 3:45-4:15 p.m. – presented by nurse Karen Differt.

Smoking Cessation Classes- *For more information call 847-1845. There is a \$25. cost.*

The classes will take place on Wednesdays, Nov. 2, 9, 16, and 23 at Mile Bluff Medical Center in Mauston.

NOVEMBER BIRTHDAYS

Nov. 1- Adrienne Schweikl & Jeff Schultz **Nov. 2-** Betty M Schmitz

Nov. 3- Harold Krueger **Nov. 5-** Dick Conway **Nov. 9-** Carol Arens

Nov. 10- Nancy Nelsen **Nov. 16-** Harry Buttner **Nov. 23-** Patricia White

Nov. 23- Jerry Steiner **Nov. 24-** Diane Madero **Nov. 26-** Janet Potter

Nov. 29- Norma Phillips

SAFE AT ANY AGE

Elder Abuse Awareness

&

Resource Panel

Thursday, November 10, 2011

New Lisbon City Hall

232 Pleasant Street

New Lisbon, WI

9-11 a.m.

&

2-4 p.m.

FREE

Open To The Public

The program will begin with a short presentation on elder abuse followed by a panel of representatives from agencies that serve seniors. Panelists include staff from Adult Protective Services, the Aging and Disability Resource Center, Public Health, Hope House, and more. There will also be a morning training seminar for service providers. If interested in attending, please contact Hope House or visit www.HopeHouseSCW.org and click on Events for more information.

Presented by:

Juneau County Coalition Against Domestic Violence & Sexual Assault.

RSVP:

Kathy Metzenbauer

Juneau County UW-Extension Family Living Agent

211 Hickory Street

Room 302

Mauston, WI 53948

608.847.9329

AARP DRIVER SAFETY PROGRAM

Wednesday, November 9, 2011

1-5 p.m.

Hatch Public Library

111 W. State Street
Mauston, WI 53948

Sponsored By the Aging & Disability Resource Center
Of Southwest Wisconsin

Call 608-847-9371 to register
\$12 for AARP members
\$14 for Non-AARP members

Course is free to Veterans during the month of November!!
Bring proof of service with you.

3rd Annual Community Education Program

Sponsored by Juneau County Dementia Care Network

La Crosse, WI- October 11, 2011- The Juneau County Dementia Care Network is hosting it's 3rd Annual community Education Program Thursday, Nov. 3, 2011 from 10:00 a.m. to Noon at the Hatch Public Library. This is a free program open to the public.

This year's speakers include: Susan Price, Leeps Program (Language Enhanced Exercise + Socialization), Tracey Anderson, (Driver Safety & Durable Equipment), Mile Bluff Medical Center and Danielle Olson, Veterans Administration Caregiver Support Program.

Dementia Care Network Members from the Alzheimer's Association Greater Wisconsin Chapter, Aging Disability & Resource Center (ADRC), Mile Bluff Medical Center & Memory Assessment Clinic, and Juneau County Department of Human Services will have informational tables.

For more information contact the ADRC at 608-847-9371 or the Alzheimer's Association at 608-784-5011.

The Alzheimer's Association is the world's leader in Alzheimer research and support. The Alzheimer's Association is the largest private funder of Alzheimer's research. The Association's vision is a world without Alzheimer's disease; its 3 Wisconsin chapters provide information, education, support and advocacy for local families affected by Alzheimer's disease. For information on contributing to Walk to End Alzheimer's, joining the "Walk to End Alzheimer's disease" committee, volunteering, sponsoring or services provided by Alzheimer's Association, call 800-272-3900 or visit www.alz.org.

CaringBridge Serves As a Communication Tool For Those Dealing with Health Issues

Dealing with changes due to a significant health situation—whether it's a new pregnancy or cancer diagnosis—can be a lot for anyone to handle. When you're processing the initial shock of a diagnosis, building a treatment plan and working through your own personal emotions, letting your loved ones know about your health may seem like an overwhelming task. Whether it's you or your immediate family making calls to update your friends and extended family, recounting your status over and over takes time and can leave your emotional energy spent.

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Mile Bluff has recently partnered with CaringBridge (CB), a service that offers free, personalized websites to connect loved ones during significant health situations. This service helps to reduce the emotional strain and time it takes to update friends and family about a person's health.

CaringBridge offers a personal and private space to communicate and show support, saving time and emotional energy when health matters most. The websites can be an important tool for patients and families to reduce feelings of isolation and stress in a difficult time giving them a much-needed member of their support system, a CB site allows patients and their caregivers to update everyone with just one journal entry.

Since the founding of CB in 1997, more than 254,000 CB websites have been created, and over 11 billion people have visited these sites. Each day, over half a million people connect through CB to give their support to loved ones. The sites can be created by a family member or by patients themselves.

CB Sites Are Ideal For Those Dealing With:

- | | |
|--------------------------------------|-------------------------------|
| *Cancer Treatment or Chronic Illness | * Hospice Care |
| * Hospitalization | * Organ Transplant |
| * Premature Birth | * Recovery and Rehabilitation |

- * Stroke
- * International Adoption
- * War Injury
- * Pregnancy
- * Spinal Cord Injury or Traumatic Brain Injury
- * Military Deployment
- * Admittance to a Nursing Home
- * Dialysis Treatments

CaringBridge provides easy to follow instructions and templates for creating websites. No special software is needed to develop a site, and there's even a mobile site, an iPhone app and an Android app. Although the site is available on the world-wide web, CB ensures the privacy and security of individuals and families who create sites.

Sharing the news of a health situation can be a time-consuming task, CB allows people to communicate on their own terms, in their own words, and in their own time. The organization believes in the power of an individual's community, and knows that support can come from more than just a personal inner circle.

The mission of CB is to amplify the love, hope and compassion in the world. Those who have used the service have been amazed at the overwhelming outpouring of support they have received through their sites. Mile Bluff Medical Center encourages anyone who is dealing with a health condition to connect with loved ones through CB. For more information, visit www.CaringBridge.org.

SPOTLIGHT ON SOCIAL SECURITY

NOVEMBER 2011

Veterans Day Reminder; Military Service & Social Security

Distributed By Ken Hess, Social Security Public Affairs Specialist For Wisconsin

Each year, on November 11, America observes Veteran's Day and honors the men and women who have served in our nation's Armed Forces. Many of our Vietnam era veteran's are now nearing retirement age or are already there. It is important that they--- and other American service personnel --- know just what retirement benefits they can count on from Social Security as they make their future financial plans.

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Like most of the civilian workforce, all current military personnel pay Social Security taxes and earn Social Security coverage. Earnings for active duty military service or active duty training have been covered under Social Security since 1957. Also, earnings for inactive duty service in the reserves (such as weekend drills) have had Social Security coverage since 1988.

In addition to regular military pay, Social Security add special earnings credits to an individual's record when he/she serves in the military. The extra earnings are for periods of active duty or active duty training. If, for example, a person served in the military between 1957 and 1977, he/she has been credited with \$300 in additional earnings for each calendar quarter in which active duty basic pay was earned. These extra earnings may help someone qualify for Social Security or increase the amount of their Social Security benefits.

The number of credits an individual needs to qualify for Social Security depends on his/her age and the type of benefit. Any future Social Security benefit payment depends on a person's earnings, averaged over a working lifetime. Generally, the higher a person's earnings, the higher his/her Social Security benefits will be.

And remember that Social Security is more than retirement. If a worker becomes disabled before reaching retirement age, he/she may be eligible for benefits. If a worker dies, the widow or widower and dependant children may be eligible for Social Security survivors benefits.

If you or someone you know, were wounded while on active duty in the military, find out more about what Social Security can do by visiting our website designed specifically for wounded warriors: www.socialsecurity.gov/woundedwarriors. There, you will find answers to a number of commonly asked questions, as well as other useful information about disability benefits and Supplemental Security Income (SSI).

Veterans and others who are within 10 years of retirement age, should begin planning for retirement. A good place to start is with Social Security's *Retirement Estimator* at www.socialsecurity.gov/estimator. For more information you can read our fact sheet, *Military Service and Social Security*, which is available at our website at www.socialsecurity.gov/pubs/10017.html .

Ken Hess is the Public Affairs Specialist for Northern Wisconsin. You can contact Ken at 2213 8th Street South, Wisconsin Rapids, Wisconsin 54494 or via email at Kenneth.hess@ssa.gov

Feast On The Information & Services We Offer Online

By Karyl Richson, Social Security Public Affairs Specialist, Milwaukee, WI

As the Thanksgiving holiday approaches, families everywhere will be traveling to reunite with one another. Generations will gather around dinner tables across the nation. And certainly some people are already coming up with conversation topics to season the festivities.

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If some of the folks in your family like to talk about Social Security, make sure you're ready with a visit to www.socialsecurity.gov. After table time, sit down for some online time with anyone in your family who needs information. In fact, right on your tablet or laptop, you can even help a loved one apply for retirement benefits in as little as 15 minutes, or Medicare in as little as 10.

There are a number of other things you can help loved ones do online. Use the Benefit Eligibility Screening Tool to see whether they qualify for benefits. Or use the *Retirement Estimator* for an instant and personalized estimate of their retirement benefits. You can learn about these and many other online services by visiting www.socialsecurity.gov/oneservices.

If you're in a conversation about Social Security, use your smart phone or mobile device to visit our mobile friendly frequently asked questions at www.socialsecurity.gov/faq.

If you end up talking about Social Security between turkey and pumpkin pie, rest assured that the authority on the subject is as close as your laptop, tablet or smart phone. Feast on the food at the table, and then take advantage of the feast of information and services online at www.socialsecurity.gov.

Autumn Offers Lessons for Retirement

By Karyl Richson, Social Security Public Affairs Specialist, Milwaukee, WI

In autumn, animals know winter is coming and take the steps to prepare. Bears grow thicker fur and settle in for peaceful hibernation. Squirrels collect and store acorns and other nuts. Birds, flavoring warmer weather and having the means to make it possible, fly south for the winter.

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When it comes to preparing for retirement, we can learn from the animals—making sure the transition into the later years of our lives is as smooth and comfortable as possible. The best place to start is a visit to www.socialsecurity.gov.

You can get an instant, personalized estimate of your future Social Security benefits at www.socialsecurity.gov/estimator.

To prepare for comfortable retirement, you should start saving as early as possible. Social Security is the foundation for a secure retirement, but was never meant to be the sole source

of income for retirees. In addition to Social Security, you also will need savings, investments, pensions or retirement accounts to make sure you have enough money to live comfortably when you retire. Learn about retirement planning and how to save at www.socialsecurity.gov/retire2/other2.html. But wait, there's more.

If you decide you're going to be a "snowbird" when retirement comes, and go to warmer climates during winter weather, make sure your Social Security payment goes with you. The best way to do that is to use direct deposit. You never have to worry about where your monthly payment will be delivered—it will show up in your bank account whether you're in the Dakotas or the Florida Keys. Learn all about electronic payments at www.socialsecurity.gov/deposit.

Whether you're in the spring, summer or entering the autumn of your life, the best time to start preparing for retirement is always the present. A good place to start is at www.socialsecurity.gov. Even the animals know they can't wait until the last minute to prepare for a comfortable winter. Take a lesson from our furry and feathered friends and prepare for your own comfortable retirement.

Social Security Questions

General

Question: I live in a hurricane zone and there's always a good chance I'll have to evacuate. What should I do if I'm expecting my check and a hurricane disrupts the mail?

Answer: To avoid this situation altogether, get your payments sent electronically. Direct Deposit and Direct Express are the fast, easy and secure ways to receive your benefit payment. For more information, see www.socialsecurity.gov/deposit.

Retirement

Question: How long does a person need to work to become eligible for retirement benefits?

Answer: We base Social Security benefits on work credits. Anyone born in 1929 or later needs 40 Social Security credits to be eligible for retirement benefits. You can earn up to 4 credits a year, so you will need to work at least 10 years to be eligible for retirement benefits. Learn more by reading the publication *How You Earn Credits* at www.socialsecurity.gov/pubs/10072.html

Question: Will my son be eligible to receive benefits on his retired father's record while going to college?

Answer: No, at one time Social Security did pay benefits to eligible college students. But the law changed in 1981. We now pay benefits only to students taking courses as grade 12 or below. Normally, benefits stop when children reach age 18 unless they are disabled. However, if children are still full time students at a secondary (or elementary) school at age 18, benefits generally can continue until they graduate or until 2 months after they reach age 19, whichever is first. If your child is still going to be in school at age 19, you'll want to visit www.socialsecurity.gov/schools.

Disability

Question: My brother had an accident at work last year and is now receiving Social Security disability benefits. His wife and son also receive benefits. Before his accident, he helped support another daughter by a woman he never married. Is the second child entitled to benefits?

Answer: **The child may qualify for Social Security benefits even though your brother wasn't married to the second child's mother. The child's caretaker should file an application on her behalf. For more information, visit us online at www.socialsecurity.gov**

Question: **What is the "definition of disability" for children filing for Supplemental Security Income (SSI)?**

Answer: **The child is disabled if he/she:**

- Has a physical or mental condition (or a combination of conditions) that results in "marked and severe functional limitations." This means that the condition very seriously limits the child's activities, and
- The condition has lasted or is expected to last, at least 1 year or is expected to result in death, and
- In not working at a job that we consider to be substantial work.

To determine whether you child meets the definition of disability, we look at medical and other information (such as information from schools and from you) about the child's condition. We also consider how the condition affects the child's daily activities. We consider what activities your child needs to perform age-appropriate activities—for example, special classes at school, medical equipment; and whether the treatment -interferes with your child's day-to-day activities. Remember that SSI is a needs-based program where family income and resources play a role in determining eligibility for benefits. For more information, read *Benefits For Children With Disabilities* at www.socialsecurity.gov/pubs/10026.html.

Supplemental Security Income

Question: I'm going to visit relatives outside the country for 2 weeks during the holidays. Can I still get Supplemental Security Income (SSI) payments while I'm there?

Answer: Your SSI usually will stop if you leave the United States for 30 consecutive days or more. Since you are going to be away for only 2 weeks, your SSI should not be affected. However, it's important that they tell Social Security the date you plan to leave and the date you plan to come back. Then we can let you know whether your SSI will be affected. For more information, visit www.socialsecurity.gov or call our toll-free number 1-800-772-1213 (TTY 1-800-325-0778).

Question: Are Supplemental Security Income (SSI) payments paid only to disabled or blind people?

Answer: No. In addition to people with disabilities or blindness, SSI payments can be made to people who are age 65 or older and have limited income and financial resources. For more information, read our publication *Supplemental Security Income* at www.socialsecurity.gov/pubs/11000.html.

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Medicare

Question: **How do I obtain a copy of the form, *Application for Help with Medicare Prescription Drug Plan Costs*?**

Answer: **If you wish to apply for *Extra Help* with Medicare prescription drug plan costs, we recommend you use our online application at www.socialsecurity.gov/i1020/. Meanwhile, you can view a sample at www.socialsecurity.gov/prescriptionhelp. There, you can find instruction sheets in 15 different languages to help you understand the English application. Soon, the online application also will be available in Spanish.**

If you prefer not to fill out this application on the Internet, you can call our toll-free number 1-800-772-1213 to ask for a paper application. Also, you can make an appointment at your local Social Security office to apply for *Extra Help* with Medicare prescription drug plan costs. If you are deaf or hard of hearing, call our toll free number, 1-800-325-9778. Representatives are available Monday through Friday, from 7 a.m. to 7 p.m.

My Health, My Medicare

Centers for Medicare & Medicaid Services

National Medicaid Multi-Media & Education Campaign

Protect Prevent Prevail This Winter

Get the Flu Vaccination—Not the Flu!

Protect yourself from the flu by getting your flu vaccination early, before the season ramps up.

Medicare covers many preventive services including the flu vaccine.

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Medicare Clients can:

- **Get the flu vaccine at no cost. There is no coinsurance or copayment applied to this Medicare benefit, and people on Medicare will not have to meet their deductible.**
- The flu vaccine can prevent the flu; it does not give people the flu. Getting a flu vaccine is the best thing you can do to keep you from getting sick this flu season. This year, one flu vaccine will protect you from 3 different types of flu virus, including the 2009 H1N1 virus that caused much illness last season. Additionally, by protecting yourself, you are also protecting those you care about from getting the flu from you.
- All adults age 65 years and older, and people who are under 65 who have chronic illness, including heart disease, diabetes, or end-stage renal disease should get a flu vaccine.

Helpful Tips to follow during the flu season:

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- **Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.**
- **Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand cleaners also work.**
- **Avoid touching your eyes, nose or mouth. Germs spread this way.**
- **Try to avoid close contact with sick people.**
- **Stay home if you are sick until at least 24 hours after you no longer have a fever (100° Fahrenheit or 37.8° Celsius) or signs of a fever without use of a fever reducing medicine.**

Visit www.medicare.gov or call 1-800-MEDICARE (1-800-633-4227) to get a free copy of "Staying Healthy: Medicare's Preventive Services" TTY users should call 1-877-486-2048. On the web select "Publications" under "Resource Locator". You can also visit www.flu.gov for specific information about influenza. More information is available at www.healthcare.gov.

TODAY IS THE OLDEST YOU'VE EVER BEEN, YET THE YOUNGEST YOU'LL EVER BE. SO ENJOY THE DAY WHILE IT LASTS.

Observations on Growing Old

- ***Your kids are becoming you...and you don't like them...but your Grandchildren are perfect***
- ***Going out is good... Coming home is better!***
- ***You Forget names...it's OK because other people forget they even know you!***
- ***You realize you're never going to be really good at anything... Especially golf!***
- ***The things you used to do, you no longer care to do, but you really do care that you don't care to do them anymore.***
- ***You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep"***
- ***You miss the days when everything worked with just an "ON" and "OFF" switch.***
- ***You tend to use more 4 letter words....."What?"...."When?"....????***
- ***Now that you can afford expensive jewelry, it's not safe to wear it anywhere.***
- ***You notice everything they sell in stores is "sleeveless"?!!!***
- ***What used to be freckles are now liver spots***
- ***Everybody whispers.***
- ***You have 3 sizes of clothes in your closet... 2 of which you will never wear.***
- ***But Old is good in some things: Old songs, Old movies, and best of all, Old friends.***

It's Not What You Gather, But What You Scatter That Tells What Kind Of Life You Have Lived.

Sweet Potatoes

Did you know—

Sweet potatoes are not potatoes; they belong to the Convolvulaceae family, a group of plants that have a trumpet-shaped flower. There are 400 different varieties with skins varying in color from purple to red to orange to yellow to even white. Inside the flesh maybe white, orange, purple or yellow with texture ranging from firm, dry and mealy to soft and moist.

Sweet Potatoes maybe the oldest vegetable known to humans. Remnants have been found in Peruvian caves that date back to 10,000 years. Sweet Potatoes were first brought to Europe by Christopher Columbus after his first voyage to the New World.

Why Should I eat them?

- **Excellent source of Vitamin A and beta-carotene, good source of Vitamin C, B6, potassium and fiber.**
- **A cancer fighting food.**
- **Contain immune boosting carotenoids**
- **Low glycemic index that helps keep blood sugar more stable.**

Selections & Storage

- **Choose firm sweet potatoes, free of bruises, soft spots and cracks.**
- **They will stay fresh for about 10 days in a dark, cool ventilated location.**
- **Do not put uncooked sweet potatoes in the refrigerator.**

Cooking Tips

- **If you don't have time to wait 40-50 minutes to bake a sweet potato in the oven, try microwaving it. Just prick the skin several times with a fork, place on a paper**

towel and microwave it for 5-7 minutes on high power. (For best results, use potatoes that do not vary much in width between the middle and the ends.)

- To prevent darkening due to contact with the air, cook them promptly after cutting or peeling them or place them in a bowl and cover with water until it is time to cook them.

Rosemary Roasted Sweet Potatoes *(From North Carolina Sweet Potato Commission)*

2# sweet potatoes, roughly cut in 1" pcs 3 large cloves garlic, peeled, coarsely chopped

1 tbsp chopped fresh rosemary 2 tbsp olive oil

¼ c toasted pine nuts 2 tbsp chopped parsley

1 tsp salt ¼ tsp coarsely ground black pepper

In a roasting pan, combine sweet potatoes, garlic, rosemary and olive oil; toss to blend well. Roast at 375°F for 40 minutes, turning sweet potatoes occasionally. Just before serving, season with pine nuts, parsley, salt and pepper. Serves 6 NVPS: 270 cal, 11 g fat, 0 chol, 39 g carb, 5 g fiber, 4 g protein, 17% cal from fat.

Sweet Potato Chips *(Dawn Jackson Blatner)*

Dawn's chips are so simple to make and are a healthier alternative to regular potato chips. You can jazz up with additional ingredients like chopped garlic and onion and replace salt with flavored salt. Use the fresh squeezed lemon juice... it really makes a difference.

3 large sweet Potatoes 3 limes, zest and juice

1 tsp salt (regular or flavored) cooking spray

Preheat oven 350. Slice potatoes into chips (use mandolin for thin and uniform chips). Lightly spray cookie sheets with cooking spray. Place a single layer on cookie sheets. Spray tops of potatoes with cooking spray and top with salt and lime zest. Bake til browned, turning once (20-30 minutes). Sprinkle browned sweet potato chips with lime juice. Serve and enjoy! NVPS: 57 cal, 1 g fat, 0 sat fat, 0 chol, 210 mg sodium, 12 g carb, 2 g fiber, 4 g sugar, 4 g protein.

(Sources- the color code. A Revolutionary Eating Plan for Optimum Health By James A. Joseph, PhD,

Daniel A. Nadeau, MD and Anne Underwood & 101 Foods That Could Save Your Life by David Grotto, RD, LDN.)

When You Believe

By Leon Jackson

Many nights we've prayed with no proof anyone could hear

In our hearts a hopeful song we barely understood

Now we are not afraid although we know there is much to fear

We were moving mountains long before we knew we could.

There can be miracles when you believe

Though hope is frail it's hard to kill

Who knows what miracles you can achieve

When you believe somehow you will when you believe.

Easy to despair when all you hear is fear and lies

Easy just to run and hide too frightened to begin.

But if we dare to dare don't wait for answers from the skies

Each of us can look inside and hear this song from within

There can be miracles when you believe

Though hope is frail it's hard to kill.

Who knows what miracles you can achieve

When you believe somehow you will when you believe

They don't always happen when you ask and it's easy to give in to your fear

But when you are blinded by your faith can't see your way clear through the rain

A small but resilient voice says hope is very near, ohh

There can be miracles when you believe

Though hope is frail, it's hard to kill

Who knows what miracles you can achieve

When you believe somehow you will when you believe

You will when you believe, you will when you believe.

10 Things Science Says will make you believe

1. **Savor Everyday Moments.** Stop and smell the roses, pleasure is in the small moments.

2. **Avoid Comparisons.** Run your own race, comparing yourself to others can damage self-esteem.
3. **Put Money Low on The List.** Studies show the more you look for happiness in material things, the more fleeting happiness actually is.
4. **Have Meaningful Goals.** Those with goals and aspirations far much better than those without; engage in things that are enjoyable and meaningful.
5. **Take Initiative at Work.** Giving more at work gives you more satisfaction and makes work more rewarding.
6. **Make Friends, Treasure Family.** Close and meaningful relationships create more meaningful lives.
7. **Smile Even When You Don't Feel Like It.** People who focus on the positive see possibilities, opportunities and Success.
8. **Say Thank You Like You Mean It!** Those who do gratitude journals tend to be healthier, more optimistic and more likely to achieve their goals.
9. **Get Out and Exercise.** Increases energy and has been shown to be as effective at decreasing depression as anti-depressants.
10. **Give It Away, Give It Away Now!** Helping a friend, donating your time or money or celebrating others' success can actually improve your health.

Here's to Your Happiness! Adapted from YES! Magazine Winter 2009